

# Crabcakes and Asparagus Sautéed in Lemon Butter

*Crabmeat is particularly rich in minerals, including zinc, which helps to boost immune function. Ostrich fern shoots are a delicacy in the spring in Maine. They are a wonderful substitute for the asparagus in this recipe, if available. If you must limit sodium in your diet, this recipe isn't suitable.*

1 lb (500 g) asparagus or ostrich fern shoots, dry brown leaves and coating removed

salt to taste

1 tablespoon olive oil

1 shallot (white onion), minced

3 tablespoons plus 1 teaspoon freshly squeezed lemon juice

1 teaspoon finely grated lemon zest

¼ cup (2 fl oz/60 ml) plain low-fat yogurt

1 egg

½ teaspoon dry mustard

1 lb (500 g) fresh crabmeat

1 cup (4 oz/125 g) dry bread crumbs

freshly ground pepper to taste

2 tablespoons unsalted butter

2 teaspoons lemon zest

1. Preheat an oven to 400°F (200°C), and lightly oil a nonstick muffin pan.
2. Rinse the asparagus or ferns and blanch them in boiling salted water for 3 minutes. Immerse them immediately in ice water, and drain. Set aside.
3. Heat the olive oil in a nonreactive medium saucepan. Add the shallot, and sauté until soft but not browned. Add 1 teaspoon of the lemon juice and the finely grated lemon zest, and remove from the heat to cool.
4. When the mixture has cooled, add the yogurt, egg and mustard. Carefully fold in the crabmeat and bread crumbs. Season with salt and pepper.
5. Place the muffin pan in the oven for 5 minutes. Remove, and quickly spoon heaping spoonfuls of the crab batter into the cups. Bake for 3–4 minutes, remove the pan, turn the crabcakes and return the pan to the oven for an additional 3–4 minutes, until the crabcakes are golden brown.
6. Heat the butter in a sauté pan. Add the asparagus and toss lightly. Heat through. Add the remaining lemon juice and lemon zest, tossing to mix. With tongs, remove the asparagus to a serving platter.
7. Arrange the crabcakes on top of the asparagus, drizzle any remaining lemon butter over and serve immediately.

**Serves 4**

*1 serving: Calories 330, Protein 29 g, Carbohydrates 25 g, Fiber 2 g, Total fat 13 g (Saturated 5 g, Monounsaturated 5 g, Polyunsaturated 1 g), Cholesterol 120 mg, Sodium 1170 mg, Vitamin C 30%.*

▲ 1 Vegetable, 1 Meat

